CURTAIN FALLS ON ANOTHER BLUESFEST, PG 3

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FocusOn FirstNations

Metro Canada continues its focus on First Nations and Aboriginal news, community issues, arts and culture as part of a special series leading up to the Assembly of First Nations convention, Tuesday to Thursday, in Calgary.

- Today
- Elder says problems being ignored, page 4
- Men dominate AFN chief candidates, page 6
- Top five election issues, page 6
- Profiles of the five AFN chief candidates, page 7
- Calls for public inquiry into missing women, page 8
- Funding issues for Aboriginals, page 8
- Top five challenges for next chief, page 8
- Bringing culture to schools, page 15
- New surge of Aboriginal talent, page 16

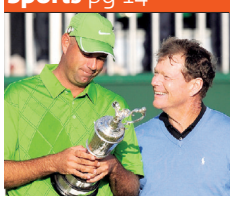
Canada pg 5

B.C. fires out of control

Take 5 pg 19

Take a bite out of Metro's daily recipe

Sports pg 14



Stewart Cinks Tom at Open

"It's time to overcome the gap of understanding among people in this country."
Shawn Atleo

"We should be more inclusive of all our citizens, no matter where they are."
John Beaucage

"We need more and more First Nations people at all the decision-making tables."
Perry Bellegarde

"I've tapped into the anger and frustration ... Watch me, as Trudeau said."
Terrance Nelson

"We can do anything we want ... we have thousands and thousands of brilliant Indian people."
Bill Wilson

Seeking united voice

Assembly of First Nations in Calgary to vote for new national chief

FocusOn FirstNations

LAURA EGGERTSON
for Metro Canada

More than 600 chiefs of First Nations communities across Canada gather in Calgary tomorrow to choose their national leader, in an election whose outcome will steer the course of Aboriginal and non-Aboriginal relations for the next four years.

The National Chief of the Assembly of First Nations (AFN) represents all of the 300,755 status Indians living on reserves, and also strives to advocate for the nearly 400,000 living off-reserve, largely in urban centres.

As an advocacy organization, the AFN is in the often difficult role of attempting to give one voice to the myriad views among First Nations communities on vital issues ranging from poverty alleviation to economic development, land claims, the legacy of residential schools, and self-government.

That single voice — even if it cannot possibly represent all Aboriginal views — is the one the federal government hears. That's why the top job matters.

Shawn Atleo and Bill Wilson, both from British Columbia, Saskatchewan's Perry Bellegarde, Ontario's John Beaucage, and Manitoba's Terrance Nelson are all vying to be the ninth chief to lead since the AFN was founded in 1968.

"The national chief sets the tone of the relationship between Aboriginal Peoples and Canada," says David Newhouse, the chair of Indigenous Studies at Trent University in Peterborough.

That's also the reason style is as crucial as substance when it comes to a national chief. Previous leaders have ranged from those favouring a confrontational approach to others prepared to work within the system, governed by the much-maligned Indian Act.

The federal government doesn't always want to hear what the AFN has to say, but it ignores the organization "at its peril," points out Newhouse, a Mohawk from Six Nations of the Grand River. Governments have had to back down from critical pieces of legislation because they couldn't win AFN support.

The next leader also carries the critical responsibility of ensuring the AFN is relevant for the next generation of First Nations youth — their numbers are growing at a rate 3½ times faster than that of the general Canadian population.

MORE COVERAGE, PAGES 4, 6, 7, 8, 13, 15, 16

This is a creation by Ottawa-based artist Tom Hogan, entitled United. Hogan's paintings reflect both his knowledge of Aboriginal mythology and his personal journey. For more on Hogan, see page 3. More coverage, pages 4, 6, 7, 8, 13, 15, 16.

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Private release of new gilded 22 karat Gold leaf U.S. Gov't $2 bills begins now

U.S. Gov't $2 bills gilded with precious 22 karat Gold leaf available for 48 hours only in sealed Vault Paks containing 4 Estate Wallets each loaded with its own U.S. $2 for just eighteen dollars per wallet

22 karat Gilded Gold Leaf: international release to clog phone lines as people scramble to beat 48 hour deadline

By Katheryne Gallow
Universal Media Syndicate

(UMS) - Hordes of callers are expected to jam the International Toll Free order lines to get in on the public release of genuine U.S. Gov't $2 bills gilded with 22K Gold leaf.

These crisp U.S. Gov't $2 bills gilded with 22K Gold leaf are being banded in packs of four from the private vaults of the World Reserve and now available in Canada.

These precious gilded 22K Gold leaf U.S. Gov't $2 bills are so exquisite you would never dream of carrying them in an ordinary leather wallet.

So, these very special U.S. Gov't $2 bills are being released in individually loaded rich protective Estate Wallets. They are so impressive, people will swear they must have been taken right off the President's desk.

■ **VALUABLE 22 KARAT GOLD LEAF:** These are the genuine, crisp U.S. Gov't $2 bills gilded with 22K Gold leaf that everyone wants. That's because these U.S. Gov't $2 bills are unquestionably special since they are gilded with 22K Gold leaf. The international order hotlines are expected to be jammed with callers trying to get all they can while they are still available to give out as gifts. So, call the international order hotline at 1-866-907-6029 before the 48-hour deadline.

Traditional U.S. Gov't $2 bills are extremely popular to hand out as gifts for friends and family. "Demand is expected to soar for these impressive gilded 22K Gold leaf U.S. Gov't $2 bills," said Robert Anthony, Executive Director of the World Reserve Monetary Exchange.

And they are a real steal for just eighteen CAD dollars plus shipping and taxes for each Estate Wallet which are being offered in Vault Paks of four for $72 CAD per Vault Pak.

"Our private vault reserves will soon be gone. So those who want to get them in these unbroken Vault Paks had better hurry and call now," Anthony said.

There are already some collectors who are trying to snatch up their own personal hoard.

That's because they know that U.S. Gov't $2 bills are almost impossible to find in your pocket change these days. Originally issued in 1928, the currently designed U.S. Gov't $2 bills have largely been locked away in dark U.S. Federal Reserve vaults, rarely distributed by banks and almost never ever seen in circulation.

"So, when our stockpile is gone you'll be forced to sort through money from the bank in hopes of finding one, and have an even harder time of finding one that is brand new and gilded with 22K Gold leaf," he said.

"The $100, $50, $20, $10 and $5 U.S. Gov't bills have all recently undergone major new design changes. And with a highly publicized Federal Court decision ordering the immediate redesign of all currency for the blind, it is very likely the historic design of these U.S. Gov't $2 will be discontinued and lost forever," he said.

"That's why we have authorized the release of a limited number of these U.S. Gov't $2 bills gilded with 22K Gold leaf from our private vault reserve to the general public," Anthony said.

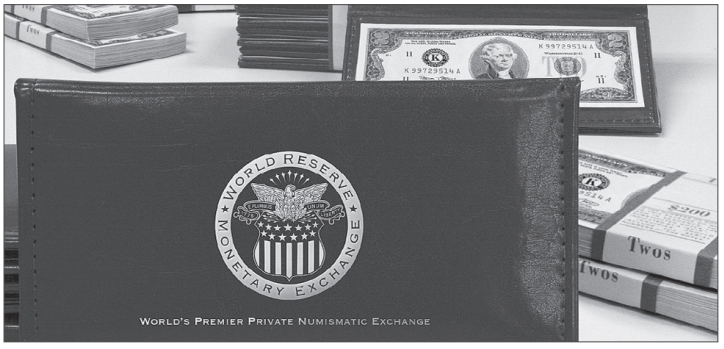
They are sure to impress because most young people have never even seen one of these historically significant U.S. Gov't $2 bills featuring President Thomas Jefferson on the front and a dramatic engraving of the signing of the Declaration of Independence on the back.

■ **SCARCITY OF $2 BILLS:** Only 1% of all bank notes printed are US. Gov't $2 bills which makes them rarely ever seen in circulation. This scarcity makes the U.S. Gov't $2 a very important bank note to own especially since it is gilded with 22K Gold leaf.

These U.S. Gov't $2 bills are closely controlled by the Treasury Department's Bureau of Engraving and Printing, makers of all the nation's paper currency. The U.S. Gov't $2 bill makes up less than 1% of the $670 billion in genuine U.S. currency that circulates worldwide, according to the U.S. Department of Treasury.

At least for now, people will be able to get what they want by calling the International Toll Free Hotline. But anyone who wants more than 10 sealed Vault Paks of 4 bills in individual Estate Wallets must submit requests in writing to avoid hoarding by dealers.

"Rest assured, limits will be strictly enforced and we guarantee there will be at least 10 Vault Paks for all who call now," said Anthony. ■



■ **LOADED WITH MONEY:** For the next 48 hours, hordes of people are expected to call the International Toll Free order hotline to get up to 10 sealed Vault Paks each containing four rich Estate Wallets which are loaded with crisp U.S. Gov't $2 bills. Each gilded 22K Gold leaf U.S. Gov't $2 bill has been individually loaded into each Estate Wallet to ensure that they are properly protected. These Estate Wallets each with their gilded 22K Gold leaf U.S. Gov't $2 bill make perfect gifts to hand out to friends, family and are sure to impress everyone.

How to get U.S. Gov't $2 bills gilded with 22 karat Gold leaf

The International Toll Free order Hotlines will open at 7:30 this morning. All those who beat the 48-hour order deadline will get sealed Vault Paks containing four Estate Wallets each one stuffed with a crisp U.S. Gov't $2 bill that has been gilded with 22 karat Gold leaf for just $72 CAD per Vault Pak plus shipping and taxes. There is a strict limit of 10 Vault packs per household.

Start calling at: 7:30 a.m. EST TODAY

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O, P, Q, R, S, T, U
CALL NOW: **1-866-907-7554**

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V, W, X, Y, Z
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Readers who miss the deadline will be turned away and forced to wait for future announcements authorized by the World Reserve Monetary Exchange in this or other publications if any.

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Changes may be coming to student bus passes in September
The city's transit committee will consider a motion to request that city council repeal the age limit on student bus passes in September. It will take 16 votes on city council to remove the cap, since the move will impact the 2009 and 2010 budgets. **METRO OTTAWA**

Local

Man suffers head injuries

A man suffered life-threatening head injuries after a suspected altercation late Saturday night on the Ottawa River Parkway, just east of Parkdale Avenue. The man was taken to the Ottawa Hospital trauma centre where he remains in critical condition. METRO OTTAWA

FocusOn FirstNations

On the cover

The cover art on today's edition of Metro, called United, was created by Ottawa-based artist Tom Hogan, right. Born in Sioux Lookout in 1955, Hogan is a self-taught Woodland style artist. His vibrant paintings reflect both his knowledge of Aboriginal mythology and his personal journey — one which includes being abandoned as a child, addiction, ill health, and homelessness. METRO NEWS SERVICES

metronews.ca
WHAT'S ONLINE TODAY

Video Two Canadian astronauts make history aboard the International Space Station at **metronews.ca/canada**

Video A Vancouver race track plays host to a dash of the Dachshunds at **metronews.ca/canada**

Lotteries

Friday, July 17
Lotto Super 7: 12, 13, 31, 33, 37, 44, 46 Bonus 34
Saturday, July 18
Lotto 6/49: 2, 4, 15, 39, 45 & 49 Bonus 37
Sunday, July 19
Ontario Pick 3: 2 0 3; **Ontario Pick 4** : 9 3 0 3
Encore: 6525650;
Daily Keno: 2, 6, 8, 9, 11, 12, 15, 21, 23, 24 32, 34, 46, 49, 53, 55, 58, 61, 64, 66
These results are not official.

News in brief

INVESTIGATION The Ottawa police major crime unit continues to investigate the death of a 29-year-old woman at a motel on Montreal Road last Friday. Police called the death 'suspicious' over the weekend. TRACEY TONG/ METRO OTTAWA

Bluesfest dubbed huge success

Talent brought out big crowds

TRACEY TONG
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It's all over for another year.

In a couple of days, the stages, the fences and the booths will be gone from LeBreton Flats. All that will be left are the memories.

And for the 350,000 people who attended the 2009 edition of Cisco Ottawa Bluesfest, what great memories they were.

From KISS — the biggest show in Bluesfest's 16-year history — to Saturday night's Lynyrd Skynyrd to last night's the Yeah Yeah Yeahs, the festival was a huge success, said executive and artistic director Mark Monahan.

The weather threatened, but it actually turned out quite well, said Monahan. "The crowds came out despite the forecast."

The highlight of the festival, of course, was last week's KISS show, which an estimated 35,000 people attended.

"It was the biggest show we've done, production-wise, and it went extremely well," said Monahan. "There was a real buzz in the city, and it was certainly the place to be Wednesday night."

> **"There was a real buzz in the city, and it was certainly the place to be..."**
> Artistic director Mark Monahan

Overall attendance was great, he said. While Lynyrd Skynyrd brought in a huge crowd Saturday, the "frenzied" crowds went wild for singer Paolo Nutini on Friday and Ludacris put "an amazing" show Saturday, Monahan said.

A.D.WILSON/FOR METRO OTTAWA

Karen Lee Orzolek of the Yeah Yeah Yeahs performs on the closing night of Ottawa Bluesfest. The show wrapped up 12 days of music at LeBreton Flats.

Bluesfest increased its number of venues this year, with a free series in the ByWard Market and a show at the LeBreton Gallery.

"It's important to influence people to stay here and take their vacation here," Monahan said.

Five cyclists hurt after hit-and-run

COLLISION Police have arrested a suspect and recovered a vehicle after five cyclists suffered serious to life-threatening injuries from a hit-and-run collision in the city's west end yesterday morning.

At 7:50 a.m., a vehicle struck and injured five cyclists on March Road at Solandt Road and then left the scene of the collision, police said.

An off-duty bylaw officer came upon the victims, Ottawa paramedics said. The cyclists were found over a 120-metre-long area of March Road.

The first of multiple paramedic units on scene arrived to find unconscious patients with various traumatic injuries, including brain injuries, fractured bones and concussions. All five cyclists were taken to hospital.

A person later turned himself in to police, said Ottawa police staff Sgt. Donna MacNeil-Charbot.

TRACEY TONG AND TIM WIECLAWSKI/ METRO OTTAWA

TIM WIECLAWSKI/METRO OTTAWA

Ottawa police collision investigators examine the 120-metre stretch where a five cyclists were injured yesterday morning.

Ottawa goes pink for the cure

Ottawa will seem a little rosier this week, thanks to an awareness campaign to launch the 2009 Canadian Breast Cancer Foundation CIBC Run for the Cure.

Acting mayor Doug Thomson will declare this week Paint Canada Pink Week in Ottawa at 9:30 a.m. today with a flag-raising ceremony at city hall.

Businesses throughout Ottawa, Vanier, Manotick and Kanata will be turning their storefronts pink and displaying breast cancer fundraising and awareness materials. TRACEY TONG/ METRO OTTAWA

News in brief

PURSUIT Police charged two 13-year-old boys with possession of stolen property and flight from police after a short pursuit Friday afternoon.

CHARGE The driver of an STO bus involved in a fatal collision with a pedestrian crossing last month has been charged with careless driving.

ROBBERY Police are seeking an armed robbery suspect after a west-end Canadian Tire location was robbed Friday. He fled with money in a Canadian Tire bag.

INJURIES A 23-year-old man suffered head injuries after an alleged swarming at a transit station near Algonquin College late Saturday night. METRO OTTAWA

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SPROTT SCHOOL OF BUSINESS

Algonquin College provides taste of college life at camp

This week, Algonquin College hosts Dream Quest, a weeklong camp for Aboriginal youth. Dream Quest blends Aboriginal culture with a taste of college life as students take part in a series of activities including a culture night, visits from First Nations leaders and traditional dance, games and stories. METRO OTTAWA

Focus On First Nations

Elder calls for more visibility

TIM WIECLAWSKI
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When he thinks about the future of First Nations people in Canada, 95-year-old Algonquin Elder William Commanda, known to many as Grandfather William, is not always optimistic.

The trouble, he said, is that people running the country have largely ignored the problems facing Aboriginal Peoples in Canada.

"We're invisible. They don't even talk about us anymore. It's like we're not even here," said Commanda, an advocate for First Nations people and the environment for 20 years. "We are the poorest people in this country of ours, but we never gave it away."

According to the stories from his ancestors, Commanda said that the first European settlers were welcomed into Canada and resources were shared between all people so nobody would suffer.

SUBMITTED PHOTO

Algonquin Elder William Commanda believes that in many cases, the people running Canada are ignoring problems faced by the country's Aboriginal Peoples.

"It didn't happen that way. They took all the resources and then they left nothing behind," he said. "We don't want to get mad at anybody. We try to make people understand that we want to be friends, we want to be equal, we want to be visible."

Canada as a nation benefits from exploiting natural resources, he said, but First Nations people are still desperately poor, especially on reserves where there are few job prospects.

"Canadians have an erroneous understanding about native people living on tax dollars," said Romola Thumbadoo, a volunteer supporter of Commanda's. "It's really quite the opposite. The rest of us are squatting on the resources that are rightfully Grandfather's."

"We're invisible. They don't even talk about us anymore. It's like we're not even here."
William Commanda

Thumbadoo said immigrants to Canada receive far more support, in terms of health care, education and justice services than what is available to First Nations people.

Few people living in Ottawa today are aware that they are living on unseeded, unsurrendered Algonquin Territory.

Since 1969, Commanda has been holding an annual Circle of All Nations Spiritual Gathering in Maniwaki, Que., during the first weekend in August. The gathering focuses on Aboriginal and environmental issues and peace building.

Campaign to bring centre to Victoria Island, MP says

TRACEY TONG
tracey.tong@metronews.ca

Thousands of years ago, they were the first ones there.

Used ceremonially before the arrival of the Europeans, Victoria Island is "an incredibly historical piece of land for First Nations and Algonquin People," said Ottawa Centre MP Paul Dewar.

Dewar, along with Algonquin Elder William Commanda and Ottawa-based architect Douglas Cardinal, is looking to bring that land back to the people with a new National Aboriginal Centre.

"Victoria Island is a sacred land," said Dewar, who is leading the community campaign to gather support. "Many people have been anxious to see something done with Victoria Island. We need public support to put pressure on the government to do that," he said.

The campaign will gather support through petitions, websites and public education.

The centre would promote three things, said Commanda — respect for Mother Earth, keeping the culture and language of the Algonquin Peoples alive, and sharing the values of peace building and harmony, regardless of race.

"It's very, very important," he said. "It's a place for us to share with non-native people."

The centre, a place for First Nations peoples to gather formally, is also "a huge opportunity to educate the public about First Nations and Aboriginal culture," said Dewar.

The centre's design, which is still in the concept stages, is rich in symbolism, featuring a circular centre plaza oriented to the four compass points, Cardinal said.

Dewar said he's hoping to enter into dialogue with the federal government and the National Capital Commission and get a commitment by fall.

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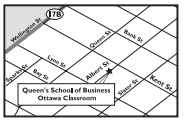

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Soldier stepped on explosive: Military
A Canadian soldier who was killed last week had stepped on an explosive device before falling to his death in the Panjwaii district of southern Afghanistan, a military official said yesterday, CBC News Online reports. METRO NEWS SERVICES

Canada

Group calls for action on parks

A conservation advocacy group says Canada needs to act faster to create new parklands and do more to protect those it already has, CBC News Online reports. The Canadian Parks and Wilderness Society's annual report of national and provincial parks said the pace of parks creation across the country slowed significantly in the past 12 months compared to 2008, which it hailed as a "banner year." Because of its sheer size, Canada still has more land dedicated to parks than any other country in the world. METRO NEWS SERVICES

Blast survivor recalls 'turmoil' at hotel

JAKARTA The first thing that Canadian businessman Andrew Cobham remembers about the Jakarta bomb attack he survived on Friday was a booming sound and a bright, white, light.

"There was a loud bang, a bright flash and suddenly you couldn't see anything or anybody. The whole place was in turmoil," Cobham told Reuters on Saturday in a bedside interview at South Jakarta's Metropolitan Medical Centre.

Cobham, 65, an adviser to the consulting firm CastleAsia, was attending a regular business breakfast hosted by the company in the lobby of the luxury JW Marriott on Friday morning when a suicide bomber struck.

It was followed by another suicide bomb at the nearby Ritz-Carlton Hotel, which is also in Jakarta's main business district.

"There was a loud bang, a bright flash and suddenly you couldn't see anything or anybody."
Andrew Cobham, Canadian blast survivor

Cobham, who has lived in Indonesia for about 20 years, said the white light was accompanied by a blast so loud it has destroyed his hearing in his right ear. In the chaotic five minutes that followed Cobham thought he was going to die. "My first thought was that I actually didn't think I was going to survive, and then I thought I was blind because I couldn't see anything or anybody," he said.

REUTERS

MORE COVERAGE, PG 10

News in brief

HEALTH Federal public health officials have launched a new way of tracking the spread of the influenza A (H1N1) virus, also known as seine flu, with a weekly online report designed to spot trends such as a higher number of hospitalizations or other unusual activity.
TORSTAR NEWS SERVICE

COPYRIGHTS Ottawa, struggling to stay ahead of technological developments, will launch consultations this week to help it craft new copyright legislation. REUTERS

ANDY CLARK/REUTERS

A forest fire burns on the edge of Kelowna, B.C., yesterday. A fast-growing wildfire has forced thousands of residents to flee their homes, officials said yesterday. The blaze erupted Saturday, consuming at least 300 hectares and destroying at least nine houses in a residential area west of Kelowna, officials and local media said.

Fires spreading in B.C.

Around 17,000 residents evacuated as firefighters battle blazes

KRISTEN THOMPSON
Metro Canada

Around 17,000 people have been forced from their homes along Okanagan Lake, west of Kelowna, B.C., as crews battle two out of control wildfires raging in the hot, dry area.

A forest fire near Glen Rosa covering about 350 hectares started Saturday afternoon. A second blaze about 10 kilometres away broke out at the Rose Valley Dam later that evening.

So far, at least nine buildings have burned down.

Elise Riedlinger, a fire information officer, said the fires cover roughly 450 hectares combined, and efforts to control them have been hampered by scorching temperatures, strong winds and trees killed by pine beetles.

"It's just very dry conditions throughout the area," said Riedlinger.

"(On Saturday) we had quite strong winds that pushed the fire into the larger size at Glen Rosa," she said, adding that fire is spreading eastward toward Okanagan Lake.

"(Yesterday) with afternoon heating they're expected to gust up to 35 kilometres an hour and that was another challenge for our crews."

Around 125 firefighters, 10 helicopters, eight air tankers and other heavy equipment from the B.C. Fire Services are being used to manage the two fires because they're so close together.

In the meantime, 6,500 homes have been evacuated and others are on alert in Glenrose, Shannon Woods, West Kelowna, Crystal Springs and Rose Valley. It's unclear how the fires started, but human activity is suspected.

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Most First Nations people not living on reserves
According to Statistics Canada, figures from the 2006 census show that 40 per cent of First Nations people live on reserves. The other 60 per cent live off reserve. METRO CANADA

Focus On First Nations

Assembly to choose leader

Men dominate election for national chief, though historically many Nations matriarchal

LAURA EGGERTSON
for Metro Canada

Shirley Williams hopes she will live to see a woman serve as National Chief of the Assembly of First Nations.

But the 70-year-old Ojibway and Odawa elder from Manitoulin Island knows it won't happen this year. There are no women among the five candidates on the ballot in tomorrow's election in Calgary.

Williams, an emeritus professor at Trent University in Peterborough, Ont., thinks she knows why.

"We have no women running for National Chief because we have been assimilated to a patriarchal society," she says.

Historically, many First Nations were matriarchal societies. Some still trace their hereditary leadership along matrilineal lines. But Williams, who also instructs Aboriginal languages teachers at Lakehead University in Thunder Bay, believes the European conquest and the Indian Act's patriarchal structure eroded women's governing authority.

Many Aboriginal women won't run for the highest political office because they fear being looked down upon, Williams says.

To date only three women have run for National Chief — Marilyn Buffalo, Wendy Grant-John and Roberta Jamison. That's despite the fact that there are now more than 100 women among the 633 First Nations chiefs.

"In my mind, that's not enough," says John Beaucage, former Grand Chief of the Anishinabek Nation. Beaucage is the only candidate for National Chief calling for broad electoral reform.

"We have no women running for National Chief because we have been assimilated to a patriarchal society."
Shirley Williams, Ojibway, Odawa elder, emeritus professor

"This election, win or lose, I'm going to challenge more of our women leaders to step up as (candidates for) National Chief in the next election," he says.

Beaucage believes the AFN should be more inclusive generally, advocating that all First Nations citizens be able to vote for the National Chief. Currently, only the chiefs choose the leader, leaving many Aboriginals — especially the 60 per cent of First Nations' members who live off-reserve — feeling disenfranchised.

"The political agenda is left to 633 chiefs for whom there is no standard or necessary qualifications to assume that role. Mostly, you just have to know people," Alberta novelist Richard Wagamese wrote in a recent CBC column.

For the next National Chief to truly represent the majority of First Nations' members who live off reserve, Wagamese argued, that leader must give urban Aboriginals a significant voice.

For Shirley Williams, that means making sure women's voices are not only heard, but at the table.

"Now that women chiefs are well-educated and coming up, I think we will have a woman as National Chief — some day," she says.

5 main issues of campaign

LAURA EGGERTSON
for Metro Canada

As the five candidates for National Chief of the Assembly of First Nations have criss-crossed the country campaigning, here are a few of the top issues that have emerged:

1 TRANSPARENCY
In response to media requests, Shawn Atleo and John Beaucage released limited details about the sources of their campaign funding. Candidates are allowed to spend $35,000 on their campaigns. Perry Bellegarde refused, and Bill Wilson and Terry Nelson promised to release details on their websites before tomorrow.

2 ELECTORAL REFORM
John Beaucage has suggested that all First Nations members should be able to vote for the National Chief instead of only the chiefs. Others reject the idea, arguing that the AFN is an advocacy body, and that political power belongs in local communities.

3 ECONOMIC DEVELOPMENT
All five candidates have addressed the need to alleviate poverty and develop additional revenue sources in their communities; proposed methods differ, from foreign investment to better enforcement of treaty entitlements.

4 HEALTH
The apparently disproportionate effects of influenza A (H1N1), also known as swine flu, on Aboriginal peoples, focused so far in Manitoba and Northern Ontario communities, has the candidates calling for better pandemic resources and response and improved social conditions.

5 EDUCATION
All of the candidates acknowledge the importance of access to education, and they are leery of the federal government's "review" of post-secondary education funding, which the chiefs consider to be a treaty right.

ROBIN KUNISKI/FOR METRO CANADA

First Nations women and children at a ceremony in Calgary on June 11, 2008 — the day the government of Canada formally apologized to residential school victims.

1.17 million people identified themselves as First Nations, Métis or Inuit, or 3.8 per cent of the total Canadian population.
Number of First Nations: 698, 025.
Number of Métis: 389,785.
Number of Inuit: 50,485.

19.9 Percentage of First Nations people with high school or equivalent as highest level of education.

25.5 Percentage of Aboriginals and non-Aboriginals with high school diploma or equivalent as highest level of education.

5 Percentage of First Nations people with bachelor's degree from University as highest level of education.

18 Percentage of Aboriginal and non-Aboriginal people with bachelor's degree from university as highest level of education.

27 Percentage of First Nations children under age 6 living off-reserve being raised by parents aged 15-24.

8 Percentage of non-Aboriginal children under age 6 being raised by parents aged 15-24.

Injuries
Leading cause of death among Aboriginal people: Injuries (including suicide, motor vehicle accidents, drowning, homicide), diseases of the circulatory system and cancer.

Diseases
Leading cause of death among non-Aboriginal people: Diseases of the circulatory system, cancer and respiratory diseases.

FIGURES COMPILED BY LAURA EGGERTSON FROM STATISTICS CANADA 2006 CENSUS

Suicide rate among First Nations youth
Figures in the 2006 census, according to Statistics Canada, show that suicide rates among First Nations youth are five to seven times higher than among non-Aboriginal youth. METRO CANADA

Focus On First Nations

5 candidates for AFN chief

Assembly of First Nations to choose one of these five to be their next leader in Canada

Chief Atleo

SHAWN ATLEO

At six years old, when Shawn Atleo walked through the Ahousaht village on B.C.'s Flores Island, the elders would stop him to explain his role and responsibilities in life.

As a hereditary chief, that role was to care for the land and support his people.

Now 42, Atleo, the chancellor of Vancouver Island University and a regional chief of the Assembly of First Nations, is taking that responsibility as a sacred trust.

He is running for National Chief of the AFN on a platform emphasizing consensus — the need for the country's 633 First Nations to work together to overcome shared challenges.

Those challenges include implementing and negotiating treaties, and improving the social conditions born of the impacts of residential schools, the Indian Act, and lack of access to economic opportunities, he says.

He cites Canada's unwillingness to sign the UN Declaration on the Rights of Indigenous Peoples as an example of the country's "long-standing non-recognition of our treaty rights," which will only be overcome if Aboriginals focus their collective efforts.

Atleo, a member of the Ahousaht First Nation, graduated with a masters' degree in education from the University of Technology, in Sydney, Australia. He is passionate about the opportunities education creates. He has served as the executive director of a family addictions treatment and run a post-secondary training institute.

He has lost childhood friends to violence, suicide, overdoses and HIV-AIDS.

"It's time to overcome the gap of understanding among people in this country," he says.

LAURA EGGERTSON/ FOR METRO CANADA

Support

- Atleo, the father of two young adults and "one grandpuppy," believes Canadians will support Aboriginals if they are better educated to understand their issues.

Chief Bellegarde

PERRY BELLEGARDE

As the first status Indian to graduate from the University of Regina in business administration, Perry Bellegarde understands the importance of economic development for Canada's Aboriginal Peoples.

That's why Bellegarde, 46, emphasizes the "four Es" as he runs for National Chief of the Assembly of First Nations: Education, Economic Development, Economic Self-Sufficiency, and the Environment.

The former Grand Chief of the Federation of Saskatchewan Indians, Bellegarde grew up on the Little Black Bear First Nation in Saskatchewan's Qu'Appelle Valley. But he has "walked in both worlds," he says. He has also been a director of personnel at the Saskatchewan Indian Institute of Technologies and vice-president of the Crown Investments Corporation in Regina.

Bellegarde believes self-government is "empty and meaningless" until it is coupled with economic self-sufficiency, which requires access to land and resources, he says. At the same time, First Nations need to respect the environment.

Bellegarde also understands the importance of educational opportunities for aboriginal youth, including his three sons, nieces and nephews.

"Education and training is key for our people," he says.

"We need more and more First Nations people at all the decision-making tables," he says.

LAURA EGGERTSON/ FOR METRO CANADA

Funding cap

- As Grand Chief, Bellegarde would push the federal government to remove the two-per cent funding cap on transfers to First Nations' programs, would educate politicians and Canadians about the "Third World" conditions on many reserves, and plans to negotiate resource royalties from industry and governments.

Chief Beaucage

JOHN BEAUCAGE

John Beaucage knows that constitutional conferences are a scary prospect for Canadians.

But the 57-year-old Ojibway businessman, Chief of the Wasauksing First Nation and candidate for National Chief of the Assembly of First Nations wants one.

"We were promised another constitutional conference quite some time ago, specifically on First Nations' governance and First Nations' issues," says Beaucage.

Beaucage, who has spent much of his career as a property developer and manager, believes a constitutional amendment would give Aboriginal people more economic opportunity. Recognizing First Nations as an order of government would give them authority to levy taxes against resource companies operating in their jurisdiction, for example.

Economic self-sufficiency will also come by ensuring governments implement treaties, Beaucage adds, and by creating partnerships with non-native and native companies alike. He hopes to establish a blue-ribbon committee to focus on the on- and off-reserve Aboriginal economy.

"I've always said that my ancestors didn't sign the treaties thinking that their descendants would be forever poor," Beaucage says.

After growing up near Parry Sound, Ont., Beaucage graduated from the University of Western Ontario with an Arts' degree in English and economics.

"We should be more inclusive of all our citizens, no matter where they are. There is a disconnect between the AFN and our urban citizens," he adds.

LAURA EGGERTSON/ FOR METRO CANADA

AFN reform

- Alone among the other candidates, Beaucage calls for AFN reform, so all band members can vote for the National Chief, rather than only elected chiefs. One day, he'd like to see the votes of his four children and their children count.

Chief Nelson

TERRANCE NELSON

Terrance Nelson is anything but shy about the radical role he's playing in the campaign for the Assembly of First Nations' National Chief.

Electing the Chief of Manitoba's Roseau River First Nation would be a "nightmare scenario," according to the National Post's John Ivison, Nelson reports with pride. Former Manitoba premier Gary Filmon called him an "eco-terrorist," he repeats, almost gleefully. That's fine by Nelson, 56, who is on the governing council of the American Indian Movement south of the border.

The Ojibway leader wants foreign investors — particularly Chinese and Americans — to develop resources, from oil and gas to diamonds and hydro dams, on reserves. That would allow Aboriginals to build their own schools, health centres, and housing developments, as businesses, not handouts.

He's told the Dene and Inuit to meet with Americans about the Arctic, that "they don't need to be part of Canada if Canada is not willing to share the resource base with indigenous peoples."

Nelson, who graduated from the University of Manitoba with an undergraduate degree in psychology, intended to be a school counsellor. Instead, he's worked as a consultant, researcher and author, of books including Genocide in Canada.

His message to other chiefs: Change, and manage orderly change, or young Aboriginals will orchestrate chaotic change. Nelson's not out to destroy Canada, he insists. But "I've tapped into the anger and frustration, so expect some surprises in Calgary," he says. "Watch me, as Trudeau said."

LAURA EGGERTSON/ FOR METRO CANADA

Manitoba

- A self-taught economist, the father of five has gone to the courts to enforce treaty entitlements and to bond agencies to shame his province. In December 2006, his was the motion that proposed a National Day of Action.

TONY BOCK/TORSTAR NEWS SERVICE

Chief Wilson

BILL WILSON

Chief Bill Wilson readily admits he grew up in luxury, never enduring the deprivation he sees on many First Nations.

The son of a wealthy fisherman on Vancouver Island and a mother who excelled in throwing potlatches, Wilson, 65, was the "spoiled rotten" youngest of 17 children.

All the same, he's dedicated to alleviating poverty by providing Aboriginals with access to education and jobs.

"Learning is a way out of this," he says. "But if it's 28 below zero and you have no running water and no electricity, like many Indian homes, it's pretty hard to think that you're going to study by candlelight to become a Rhodes Scholar."

Wilson advocates building bridges to investors who will cut First Nations in on resource deals. Canadians must recognize and utilize the young Aboriginals who comprise the largest unemployed labour pool in the country, he says.

Those young people need skills and trades, and the opportunity to get the education he had. In 1973, Wilson graduated from UBC law school, though he has spent most of his career as a consultant, treaty negotiator and teacher of self-esteem, public speaking and confidence-building.

In that role he presses home his point about the value of work.

"If we get off our buns we can do anything we want, because we have thousands and thousands of brilliant Indian people, many of them living on reserves," Wilson says.

LAURA EGGERTSON/ FOR METRO CANADA

Ancestry

- Wilson is a member of the Cape Mudge First Nation, and is a Musgamagw/Kwawkgweth Aboriginal. Through his mother's people, the Kwikwasut'inux of Gilford Island, he is a hereditary chief.

Unemployment rates across Canada

According to Statistics Canada and the 2006 census, the average unemployment rate among First Nations people is 18 per cent. The average unemployment rate among total Aboriginal and non-Aboriginal Peoples in 6.6 per cent. METRO CANADA

Focus On First Nations

KRISTEN THOMPSON/METRO CANADA

Vancouver artist Pamela Masik is shown in Vancouver's Gastown June 24, at the unveiling of Mona — the first of 69 paintings she created depicting missing Downtown Eastside women.

Aboriginal women missing

80 per cent of 3,000 missing women in B.C. are from First Nations

DANIEL TAM
for Metro Canada

About 3,000 women have disappeared in British Columbia — about 80 per cent of them Aboriginal — and so far, no public inquiry has been launched, no massive police investigation is planned and as the decades pass the number continues to grow.

Bernie Williams, who knows some of the family members of the "mothers, sisters and daughters" who disappeared, said not knowing whether they're still alive is an struggle.

"You just keep … hoping that one day there's going to be answers for the families," Williams said. "(They) need closure and answers."

Williams grew up alone, her mother and two sisters were all killed in the Downtown Eastside in the 1970s in separate incidents. But she knew their fate, unlike some of the people she met in the foster homes and residential schools she was raised in.

They deserve a public inquiry, she said.

To push the issue, Williams co-founded Walk4Justice, a group of trekkers who last June began a march to Ottawa to draw attention to the ongoing issue. Along the way, the group stopped at the farm where serial killer Robert Pickton took Downtown Eastside women who were never seen again.

RCMP "E' Division spokesman Rob Vermeulen with the Joint Missing Women's Task Force said people don't hear about the behind-the-scenes efforts.

A poster with 69 of the missing women was created at the time of the Pickton investigation.

"There were also another 103 reports of missing women who didn't make it to the poster … and were all found" Vermeulen said. "There's a lot of other work going on."

Williams said she feels Aboriginal women are preyed on.

"I feel because they're poor, they're more vulnerable," said Williams. "It's because of their lifestyle that they're easier to be attacked. These are very trusting women, too."

Only a public inquiry, she said, can bring peace to their relatives.

Highway of Tears

- Bernie Williams said women are still disappearing today, from urban centres and from the stretch of Highway 16 near Prince George dubbed the Highway of Tears. At least 18 women have gone missing there.

5 pressing issues

LAURA EGGERTSON
for Metro Canada

During the Assembly of First Nations' annual meeting in Calgary and the election of the National Chief, the 633 chiefs attending also pass resolutions indicative of the most pressing issues in their relationship with the federal government and the rest of Canada. Based on the resolutions, and conversations with First Nations members, look for these topics to dominate the next four years:

1 TRUTH AND RECONCILIATION

Truth and Reconciliation. Survivors of residential schools are anxious to see the stalled Truth and Reconciliation Commission get underway under new chair, Justice Murray Sinclair. Former students need to tell their stories; they also need Canadians to hear them.

2 FUNDING

Funding. For the last 10 years, the federal government has placed a two per cent cap on its core funding of programs to Aboriginal Peoples.

Although Ottawa has budgeted $10.8 billion in 2009-10 (across all federal departments), the chiefs want the cap removed, arguing it doesn't keep pace with demographics and cost of living, particularly in education and health. Indian Affairs and Northern Development says it reallocates within that cap to fund the most pressing needs.

3 YOUTH SUICIDE

Youth suicide. Young Aboriginal people have a suicide rate estimated at five to six times the national average.

A resolution calling for a National Aboriginal Youth Suicide Prevention Strategy is on the floor.

4 ECONOMIC DEVELOPMENT

Economic Development. Chief Don Moses of B.C.'s Lower Nicola Band is calling for the creation of a First Nations Business Institute to provide grants, contributions or loans to First Nations businesses.

Sky-high unemployment rates on reserves are driving this proposal. Access to resources on Aboriginal land is also a hot topic, and the chiefs also want a federal economic development strategy for Aboriginal Peoples.

5 GOVERNANCE

The federal government is increasingly pushing First Nations for transparent accounting and governance practices on reserves; many chiefs consider this an autonomy issue and push back.

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Federal funds for First Nations equals about $18K a person a year

CHARLES DAVIES
for Metro Canada

Stories of deprivation, poverty and illness in First Nations communities are so common that they pass unnoticed by most Canadians.

Homes on the Fort Albany First Nation in northern Ontario are contaminated with mould, yet families continue to live in them, risking respiratory problems.

Members of communities across the country are held at greater risk of contracting the H1N1 virus than other Canadians. And then there's the Cree First Nation's Kashechewan Reserve in northern Ontario, where periodic evacuations due to flooding have been punctuated by tales of tainted water, substandard housing, addiction and suicides.

If money alone could solve aboriginal problems, living conditions for Canada's more than 600 native bands would be far better than they are.

This fiscal year alone, the Indian Affairs and Northern Development Department will spend $6.9 billion on First Nations and Aboriginal Peoples, an increase of nearly 11 per cent from the previous year.

To put it in perspective, Indian Affairs accounts for slightly less than three per cent of all federal spending.

That's small compared to Human Resources and Skills Development, $42.2 billion, and National Defence, $19.2 billion, but it surpasses the $2.6 billion that will be spent on the Royal Canadian Mounted Police.

What's important, however, isn't that Indian Affairs spends roughly $18,000 a year for every Aboriginal person, but how the money is doled out and managed.

Under the Indian Act of 1876, still the dominant legislation governing Aboriginal Peoples, federal cash flows to individual bands for everything from education, health and housing to economic development and resource management.

While the act itself doesn't deal with accountability, each First Nation must submit an audited annual financial statement to Indian Affairs.

And since last July, Indian Affairs has reserved the right to do forensic audits of individual spending programs.

The move to tighten accountability comes after too many instances of financial mismanagement by band councils. Sometimes corruption is at the root, but more often the problem is one of competence.

Two years ago, the auditor general noted that three-quarters of all First Nations were run by inexperienced, untrained staff who bungled everything from housing construction to water purification systems.

In some cases, such as Alberta's Pilkani Nation and Ontario's Pikangikum Nation, Indian Affairs has had to temporarily take over control of finances.

The department itself doesn't score much better, given its predilection for paperwork and bureaucracy, and instances of inadequate financial management in British Columbia and Manitoba. Money gets spent, but often there's little monitoring, and little or nothing is accomplished.

Three per cent of budget

- This fiscal year alone, the Indian Affairs and Northern Development Department will spend $6.9 billion on First Nations and Aboriginal Peoples, an increase of nearly 11 per cent from the previous year. To put it in perspective, Indian Affairs accounts for slightly less than three per cent of all federal spending.

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White House stands by August goal for health-care bill

White House budget director Peter Orszag said yesterday the administration was sticking with its goal of having the Senate and House of Representatives pass their versions of a health-care overhaul bill before they break for their August recess. REUTERS

World

Airline staff on flu lookout

British Airways has told its check-in staff to look out for passengers showing symptoms of influenza A (H1N1), also known as swine flu, and to alert doctors who could bar them from boarding a flight, the airline said yesterday. Calling the measures "standard practice" for a medical situation, a spokeswoman said only a handful of people had so far been turned away as a result of the medical checks. REUTERS

Helicopter crash kills 16

Civilian aircraft falls at NATO base in southern Afghanistan

A civilian helicopter under contract for NATO forces in Afghanistan crashed at a military base in the south of the country yesterday, killing 16 people and wounding five others, the alliance said.

Capt. Ruben Hoornveld, a Dutch NATO spokesman at Kandahar Air Field, said there was no enemy involvement in the crash, which took place as the helicopter was taking off from the base, NATO's headquarters in the south of the country.

Russia's Interfax news agency described the helicopter as an Mi-8 transporter, operated by a Russian firm, which had 17 passengers and three crew on board at the time of the crash. It gave the death toll as 15.

NATO troops in Afghanistan rely heavily on aircraft from the former Soviet Union for cargo and transport flights in a country where travel by road is often difficult. REUTERS

2nd incident

- Last Tuesday, six Ukrainian crew members died aboard a Soviet-built Mi-26 transport helicopter that crashed in Helmand province.

India **Frog marriage**

RUPAK DE CHOWDHURI/REUTERS

A woman performs rituals during a frog marriage at Madhyaboragari village in India yesterday. The frog marriage is a traditional ritual observed by the rural folk to appease gods to bring in rain and ensure a good harvest.

News in brief

HONDURAS Talks to resolve Honduras' political crisis dragged into a second day yesterday, with negotiators for deposed President Manuel Zelaya and coup leaders deadlocked over his proposed return to power.

IRAN Iranian President Mahmoud Ahmadinejad has come under fire from leading hardliners for naming as his top deputy a man who said Iran was friends with everyone, including arch-foe Israel, local media said yesterday. REUTERS

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Bombings have militant hallmark: Police

JAKARTA Indonesian police said yesterday that deadly attacks on two Jakarta hotels used the same methods and equipment as previous bombings by a militant Islamist group.

Investigators were working to reconstruct the face of one of the suspected suicide bombers from Friday's attacks on the JW Marriott and Ritz-Carlton that killed nine people and wounded 53.

The blasts left some bodies so badly mutilated they were difficult to identify and two decapitated corpses were believed by police to belong to the suicide bombers.

Police said the bombers had checked in to the Marriott on Wednesday and had assembled the bombs in their room. A third bomb was found and defused in a room.

REUTERS/SUPRI

A child places a flower in front of the Ritz-Carlton hotel yesterday in Jakarta, Indonesia.

Police spokesman Nanan Soekarna said the attacks bore the hallmarks of Jemaah Islamiah, the radical militant Islamist group responsible for a string of deadly attacks in Jakarta and Bali that seemed to end in 2005.

"The method, the equipment used is the same as both bombs in Bali and the one found in Cilacap," he added, referring to the Bali attacks in 2002 and 2005, and bomb equipment police recently found during raids in Cilacap, Central Java. REUTERS

Netanyahu defies U.S. on East Jerusalem settlement

ISRAEL Prime Minister Benjamin Netanyahu, saying he would not take orders over Israeli settlement in East Jerusalem, rejected yesterday a U.S. demand to halt plans to build more homes for Jews in the disputed area.

New friction with Washington over the project to build 20 apartments in a part of Jerusalem captured by Israel in a 1967 war could deepen the most serious rift in relations between the two allies in a decade.

Netanyahu

Israeli officials said the State Department had summoned Michael Oren, Israel's ambassador to Washington, and told him plans for the construction approved this month by Israel's Jerusalem municipality should be suspended.

"We cannot accept the idea that Jews will not have the right to live and buy (homes) anywhere in Jerusalem," Netanyahu said.

Netanyahu and President Barack Obama are already at loggerheads over the U.S. leader's call for Israel to freeze Jewish settlement on occupied land Palestinians want for a state. REUTERS

Icahn champions Microsoft-Yahoo search deal

Activist investor Carl Icahn spoke out in favour of a search deal between Yahoo Inc. and Microsoft Corp., as talks between the two companies appeared to regain momentum. Icahn had tried to broker a partnership between the two companies last year, when talks on Microsoft's $47.5-billion US takeover bid for Yahoo fell apart. REUTERS

Business

United Technologies chair divorces

United Technologies chairman George David, left, and Swedish countess Marie Douglas-David reached a settlement Friday in their nearly two-year-long divorce battle, according to the Hartford Courant. The court squabble became tabloid fodder for New York and Connecticut newspapers, which reported details of infidelity and luxurious spending. David previously served as chief executive of the world's largest maker of elevators and air conditioners. REUTERS

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Inflation's first slide since '94

Consumer prices down 0.3%, but major deflation unlikely

Tumbling energy costs thrust Canada's annual inflation rate in June into negative territory for the first time in 15 years.

Statistics Canada reported yesterday that consumer prices fell 0.3 per cent compared with the same month last year.

In theory, the negative reading marks Canada's first trace of deflation since November 1994, and the biggest drop since August 1955.

Economists, however, say June's result is unlikely to trigger widespread deflation. Nonetheless, the first signs of negative inflation added fresh fuel to the debate on whether the government ought to bulk up its fiscal stimulus plan.

"Negative inflation leaves room for further stimulus without much risk of fuelling excessive inflation," said Erin Weir, an economist with the United Steelworkers. "The government of Canada should be formulating a second stimulus package because its first stimulus package was too small, a low debt-to-GDP ratio affords ample room to finance more stimulus, and more stimulus will be needed to create jobs even after economic growth resumes."

He argues additional short-term stimulus and long-term public investment will create more jobs.

While the recession could end this year, it could take up to two years for a job market revival based on historical patterns. Enhanced Employment Insurance benefits would also deliver "stimulus dollars" directly to households, he said.

TORSTAR NEWS SERVICE

Leaders stay the course on stimulus

- Earlier this month, world leaders at the G8 summit decided to stay the course on stimulus, despite signs of economic stability. They also agreed that countries should enact "exit strategies" once the recovery is in full bloom.

Cost-cutting gains may turn to pain, analyst says

RECESSION Much of Corporate America has slashed costs during the recession, but welding the knife too heavily could also remove the ability to grow in a recovery. "If you cut into flesh long enough, eventually you find bone," said David Rosenberg, chief economist at Gluskin Sheff in Toronto. "Cost cutting is not a bottomless pit."

Others, however, warn additional cuts are needed to match the fact Americans are saving more and have less access to credit.

Firing people, hiring freezes, halting investments, and slicing budgets are time-tested ways to save. A slew of companies reported better-than-expected first-quarter results because aggressive budget slashing more than made up for falling sales.

REUTERS

Cuts' effects

- Perhaps the biggest example has been General Electric Co., which reported earnings far past expectations despite a drop in revenue more dramatic than Wall Street had predicted, thanks to cost-cutting and a dip in its tax rate.

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Canada takes U.S. Steel to court over Stelco cutbacks

TAKEOVER The Canadian government took U.S. Steel Corp. to court Friday over production cutbacks at its Stelco subsidiary, Industry Minister Tony Clement announced.

Clement had sent U.S. Steel a "demand letter" on May 5 asking the company to comply with commitments it made when it took over Hamilton, Ont.-based Stelco. He said on Friday he was persuaded that U.S. Steel was still not complying.

An application has been been filed with the Federal Court of Canada asking the company to remedy the situation, Clement said. He told Reuters: "I am requesting that the court mandate that U.S. Steel meet its obligations and that it be fined for every day that it does not." He said the fine could be up to $10,000 a day. A spokeswoman said on Friday the company would not comment on whether any of the facilities had been restarted. REUTERS

Ontario closures

- In March, U.S. Steel temporarily closed most of its operations at two former Stelco plants in Hamilton and Nanticoke, Ont., blaming adverse market conditions. Some 1,500 jobs were affected.

Iraq **Refinery opens**

AZAD LASHKARI / REUTERS

A worker adjusts the valve of an oil pipe at Khurmala oilfield in Arbil, 310 kilometres north of Baghdad, on Saturday. Iraq's largely autonomous Kurdistan region opened a new oil refinery on Saturday, with a projected capacity of 40,000 barrels per day.

Business **in brief**

RETAIL Golden Gate Capital won an auction for Eddie Bauer Holdings Inc. with a $286-million cash bid and agreed to keep open most of its 370 stores, the bankrupt apparel retailer said Friday. A lingering U.S. recession left the firm $427 million US in debt.

COFFEE Starbucks Corp. should begin reaping benefits from slashing costs and closing stores, but analysts say growth could remain elusive until the economy heals. Several say it could be a year or longer before Starbucks' U.S. same-store sales turn positive.

FUND Donald Reed, lead manager of the $124 million Templeton Canadian Stock Fund, said the crisis that hammered bank shares globally had done far less damage to Canadian lenders given their sounder management. REUTERS

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Comment

Avoiding summer peril

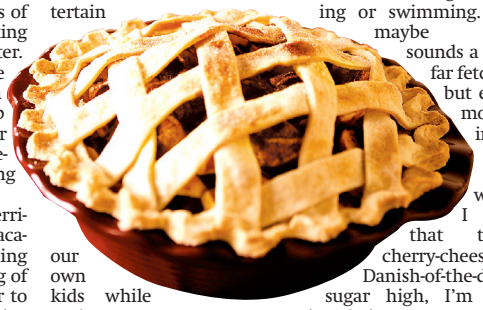
HineSight

Anne Hines

metronews.ca/hinesight

Ah, mid-July. Time to participate in one of the great pleasures of summer in Canada: Talking about how it isn't winter. Also, time to head to the cottage or campsite for a little relaxation. To help make the most of your time, I present the HineSight Guide to Avoiding Outdoor Dangers.

1. Every summer, a terrible scourge sweeps vacation country, threatening to destroy the well-being of all it comes near. I refer to the dreaded OPC or, as it's commonly called Other People's Children. When our own children run around the campsite, blasting squirt guns and screaming like banshees, they're charming, high spirited imps. When other people's children do this, they are ill-behaved future felons whose parents likely check out 12 grocery items in lines clearly marked "eight." However, it is wrong to wish OPC did not exist. We need them to entertain our own kids while we have a nap.



2. This peril of the northlands comes by many names. It may be Country Sweets, Pine Tree Pies or Little Shop of Lard. Whatever it's called, step in the door and you can practically hear your arteries slamming shut. There's a reason cottage country is full of bakeries. It's an evil plot by aliens intent on destroying humankind by seducing us into consuming fatty treats, thus negating the health benefits of hiking, canoeing or swimming. OK, maybe this sounds a little far fetched, but every morning when I hit that third-cherry-cheese-Danish-of-the-day sugar high, I'm convinced it's true. Bottom line: Stay out of the bakeshops. Then I won't have to wait in line.

3. Alcohol. Sure we've been warned, but many adults still go on vacation and end up foolishly mixing their alcohol. With board games. After one too many beers, it's not uncommon to believe you can buy Park Place with a sub-prime mortgage or that "gzerniq" is an excellent Scrabble word.

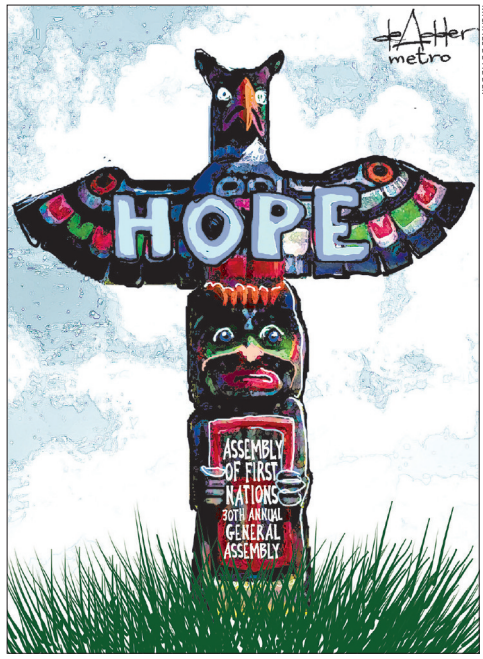
Alcohol mixed with card games is also a no-go. Recently, having enjoyed two gin and tonics, I was convinced I could win a Euchre hand with a fist full of 10s.

My partner, Liz, says she wouldn't have minded, except that we were playing Hearts at the time.

The lesson is clear: If you drink, don't deal.

Follow these suggestions and you'll find life in the wild a little less, well, wild. Next week, camping tips: The top 10 plants you should never use as toilet paper.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



MICHAEL DE ADDER

Views

Want to ride the bus? You can pay twice

InTransit

Steve Collins

metronews.ca/collins

Bus riding is an act of citizenship. You burn less fossil fuel, pollute less, and reduce traffic. The federal government made bus passes tax deductible to encourage transit use.

So why did OC Transpo discourage ridership with another fare hike this month? The cheapest option for the occasional rider, the bus ticket, went up 15 per cent, from a buck to a buck-fifteen. The same trip you took in June for $2 now costs $2.30 — if the route you used to take hasn't been cut.

Nobody rides for free, and everything has its cost, right? OC Transpo's last annual report cited a rise in costs from $4.37 a kilometre in 2007 to $4.88 last year, an 11.7 per cent rise. Fuel costs were cited as a major cause of the increase, but a subsequent drop in gas prices has failed to produce a fare cut.

"Why did OC Transpo discourage ridership with another fare hike?"

The latest hike goes towards the city's arbitrary goal of paying at least half the cost of transit with fares, the other half coming from taxes. So we penalize those who actually use the service, which, remember, we are supposedly trying to encourage. If the logic seems a little off, so is the math.

These two sources of income are one and the same. There is but one public buying public transit. Every property owner, whether they ride the bus or not, already pays for it. In fact, it's the second-costliest item on the municipal tax bill at 13.33 per cent, smaller only than schools, and bigger than everything else in the city. Police, fire, roads, you name it. Renters also indirectly pay property taxes through their rent.

Then, if you actually want to ride the bus (and we wish you would), you pay again.

OC Transpo, out of the other side of its corporate mouth, talks about increasing ridership, and this spring patted itself on the back for only having lost 10 or 11 per cent of its customers during last winter's 53-day strike.

Fortunately for them, ridership, no matter the disincentives, can only decline so far. Many of OC Transpo's customers don't have a choice. They have to get places, they don't have cars, and they'll take the bus as long as there's a bus to take.

During the strike, some of these people lost their jobs, because many bus riders aren't going to the sort of job where you can work from home or expense a cab or take a personal day.

Now they pay a little more for doing what we supposedly want them to do.

Steve Collins lives, writes and walks in Ottawa; ottawaletters@metronews.ca.

Worth mentioning

Celeb playlists pump up the fitness volume

Music can be as crucial to exercise as water and spandex, and a spinning instructor's playlist or an iPod's inventory can make or break a workout. As part of its branding strategy, the upscale fitness club chain Equinox has enlisted artists like Madonna, Stevie Nicks, Cyndi Lauper and Michael Buble to submit their own playlists for EQ Sessions Celebrity Sets that will launch at Equinox.com this fall.

Equinox pays close attention to the connection between music and fitness. In addition to programming the music played in the clubs, the company's creative director curates monthly playlists — EQ Sessions — that, like the celebrity playlists will be, are available through the Equinox website. Links take users directly to iTunes, where the playlists are organized through iTunes' iMix function for purchase at the tracks' standard price.

Equinox creative director Bianca Kosoy says the company's approach to music is part of a broader strategy to curate a lifestyle experience for members.

"On the whole our target demographic is successful, and they are more drawn to making a purchasing decision, including joining a gym, based on the feeling that they are going to be introduced to the new and noteworthy," Kosoy says. "Music is obviously a very high-profile touch point for them."

There isn't a financial arrangement between Equinox and participating artists, beyond the promotion of the lists using the celebrities' names. REUTERS

Metro Online Poll Results

85% SAID YES

Are you concerned about Facebook storing personal information?

Weigh in on today's question at metronews.ca

15% SAID NO

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More than 170 million trees are cut down every year just for paper used in Canadian offices, according to Change The World for Ten Bucks: 50 Ways To Make A Difference. Use both sides of the paper. Save old copy paper for notes. TORSTAR NEWS SERVICE

Going Green

Cost of keeping cool

A stand up fan uses 75 watts; a window unit, 100 watts. Running them for 12 hours a day will use 2.1 kilowatt-hours of electricity, costing about 21 cents. A 1,000-watt air-conditioner, running for three-quarters of the day will use 18 kilowatt hours, and cost about $1.80. A central air-conditioner can use up to 3,500 watts, or 63 kilowatt hours a day, and cost about $6.30. TORSTAR NEWS SERVICE

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Federal environment rules tame

EarthTones

Sophia Dore & Andrew Laursen

metronews.ca/earthtones

This week Metro is focusing on the challenges facing Canada's First Nations. One contributing factor in the erosion of the traditional lifestyle and therefore culture is environmental degradation on reserves. Aboriginal peoples are at particularly high risk because traditionally, they depend on local fish and wildlife for a larger part of their diet.

In the 1970s the Grassy Narrows and White Dog reserves made headlines when large numbers of people living on these reserves were found to be suffering from mercury poisoning. This poisoning was traced to high mercury levels in waterways on the reserves which lead to high mercury levels in the fish that were consumed by the residents of the reserves.

Unfortunately the experience of the Grassy Narrows and White Dog reserves residents is not unique. The construction of hydroelectric plants along the St. Lawrence River has lead to the contamination of the river, and land along the river in Ontario, Quebec, and northern New York State with PCBs.

PCBs are a particular problem for people who

FocusOn FirstNations

eat local fish and wildlife because they bioaccumulate.

PCBs are not very soluble in water but are very soluble in fat. When PCBs enter a small fish's body, rather than being excreted, they are stored in the small fish's fatty tissues. If a larger fish eats 100 small fish it will store all the PCBs from the 100 small fish in its fatty tissues. If we then come along and eat 10 large fish, we will then be storing the PCB from 1,000 small fish in our fatty tissues.

Breast milk contains a high percentage of fat. If a mother has PCBs stored in her fat, she will pass them along to her child in breast milk. This is what has happened at the Akwesasne Mohawk Nation. The Akwesasne people had to stop eating local fish and wildlife because of the PCB levels that were found in their bodies and in doing so, part of their culture was taken away.

These problems persist on reserves to the present day. The Aamjiwnaang First Nation Reserve near Sarnia, Ont., is located in the heart of petrochemical manufacturing country. Their soil and water has been found to be contaminated with dixoins, PCBs, pesticides, and metals. The Aamjiwnaang people have to put up with odours, are unable to swim or fish from their rivers and have high rates of asthma in children. Speaking of children, at the Aamjiwnaang First Nation two girls were born for every boy and it is hypothesized that endocrine disrupters were to blame for this.

The Mikisew Cree and Athabasca Chipewyan First Nations in Northern Alberta are currently attempting to protect their traditional hunting and fishing grounds from environmental damage. They claim that the development of the Alberta oilsands is threatening their traditional way of life. They cite increased cases of cancer, lower water levels and a decline in the wildlife in the area. A British bank agrees with the First Nations and has donated $190,000 to the Cree to help fund a lawsuit against the Albertan and Canadian governments.

One of the major factors in environmental problems on First Nations lands is that the reserves are regulated by the federal government not by the provinces and federal environmental regulations are weaker than those of the individual provinces. So clearly Ottawa has to step up.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

Thinking outside the cardboard box

BOXES Not into hunting for cardboard boxes before you move? Vancouver-based FrogBox rents plastic boxes so you don't have to use cardboard boxes.

A week's rental for a one bedroom condo costs about $110. They will drop off plastic boxes at your old house and pick them up at your new place.

FrogBox, which also just opened in Seattle, estimates that Greater Vancouver uses about 450,000 cardboard boxes every month for moving, and Seattle uses about one million. FrogBox says their ergonomic boxes can be reused about 400 times before they're recycled.

FrogBox says their ergonomic boxes can be reused about 400 times before they're recycled.

"The amount of resources used by people using FrogBoxes for moving is drastically reduced," says company founder Doug Burgoyne. "Avoiding cardboard saves forests."

FrogBox, which uses bio-diesel trucks and has a solar-powered website, also gives one per cent of their sales to frog habitat restoration. They recently gave to Mountain View Conservation in Langley, B.C., which is working to revitalize the Oregon Spotted Frog — Canada's most endangered species.

Frogs are vital contributors to our ecosystem, and according to biologists worldwide, one-third of the world's frog species are on the verge of extinction, FrogBox says.

Visit frogbox.com for more information.

METRO NEWS SERVICES

Environmentally friendly gifts a fast growing trend

IDEAS With so many special occasions, we usually end up giving gifts that end up in the trash. Landfills are filled with well-intentioned gifts and packaging that no one ever really wanted or needed in the first place.

This is part of the reason why giving green and environmentally friendly gifts is one of this year's fastest growing trends.

Some green gift ideas:

For the fashion savvy: Look for quality fabrics and timeless design. Consider stylish pieces made of organic cotton or hemp-silk. These fabrics are sustainable as well as eco-chic.

For the person who has everything: Why run the risk of giving something that will get thrown out? Instead, honour friends and family with a gift donation in their name. With this gift there is no plastic wrapping to throw out and it goes to someone who really needs help.

For those who like to be pampered: Consider giving a beauty kit filled with environmentally friendly products like natural essential oils of bergamot, lavender, and lime for mixing into scrubs, powders, tonics and soaps, which can be applied using a natural loofah sponge. NEWS CANADA

The rarest shot in golf

Paul Lawrie made a double eagle, the rarest shot in golf, yesterday in the final round of the British Open. The former Open champion hit a 4-iron into the hole on the par-5 seventh yesterday. It was the first double eagle — also known as an albatross — at the Open since Gary Evans in the opening round at Royal Troon in 2004. METRO NEWS SERVICES

Sports

Gonzalez still in hospital

San Diego Padres second baseman Edgar Gonzalez, left, remained in hospital yesterday with dizziness after he was he was hit in the head by a 93 miles-per-hour pitch on Saturday. Gonzalez did not have a skull fracture or a concussion, but complained of dizziness and ringing in his ears, reports said.

METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Cink wins Open in playoff

59-year-old Watson falls just short of a record-tying win

Tom Watson's remarkable bid for a British Open victory at the age of 59 fell agonizingly short yesterday when he lost to fellow American Stewart Cink in a four-hole playoff.

Seeking a record-tying sixth Claret Jug, Watson squandered the chance to become golf's oldest major champion when he overshot the green before missing an eight-foot par putt on the 72nd hole.

Cink, who had earlier rolled in a 15-footer there for a birdie three to take the clubhouse lead on two-under 278 at Turnberry's Ailsa Course, took advantage to seal his maiden major title.

"I'm a little intimidated by this piece of hardware here," an emotional Cink, 36, said after being presented with the Claret Jug on the 18th green.

EDDIE KEOGH/REUTERS

Stewart Cink holds the Claret Jug as he stands with runner-up Tom Watson yesterday after winning the British Open at the Turnberry Golf Club in Scotland.

"There are a lot of emotions running through my mind and heart and I'm as proud as I can be to be here with this (trophy).

"It was fun watching Tom all week and I'm sure I speak for all the rest of the people too."

Cink won the first extra hole, the fifth, with a par when Watson took a five after hitting his approach into a greenside bunker and hitting an ugly third shot from the sand.

They each parred the second extra hole, the par-three sixth, before Cink effectively sealed the win at the par-five 17th with a two-putt birdie.

Watson double-bogeyed the hole after driving into thick rough on the right and taking two more shots to reach the fairway.

REUTERS

Doc dominates BoSox

MLB RESULTS

Boston 1 Toronto 3

BASEBALL Roy Halladay pitched nine strong innings to lead Toronto over Boston 3-1 in the finale of a three-game set at Rogers Centre.

Halladay (11-3) scattered six hits and one run, striking out seven without issuing a walk, racking up his fourth complete game of the season.

Rod Barajas drove in all three runs for the Blue Jays, who won the final two games of the series to erase a three-game losing streak.

"He was unbelievable, the way he was able to manipulate that ball," Barajas said of his battery mate. "He made it move in different directions, and you don't come across guys who are that effective very often." METRO NEWS SERVICES

Sports in brief

TOUR DE FRANCE Spain's Alberto Contador won a showdown with American Lance Armstrong yesterday, capturing the yellow jersey with a dominating victory in the first Alpine stage of the Tour de France. Armstrong moved up to second place in the standings after the 15th stage.

BASEBALL The Florida Marlins and representatives from Major League Baseball broke ground Saturday with South Florida officials on the team's new, retractable-roof stadium in Miami's Little Havana neighbourhood.

UFC The news from the doctors is good for UFC welterweight champion Georges St. Pierre. A groin injury sustained in St. Pierre's UFC successful title defence over Thiago Alves at UFC 100 in July 11 is not that serious, according to his management.

CANCER Sue Burns, majority owner of the San Francisco Giants who was close friends with home run king Barry Bonds, has died. She was 58. Burns died late Saturday of complications from cancer, a team spokesman said.

METRO NEWS SERVICES

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YSB BSJ

Metro Workology exclusive: Backstage Pass
In the coming weeks Metro's Workology section will be focusing on the part of the entertainment industry that you DON'T see. Backstage Pass will focus on the careers behind the camera and the curtain. So be sure to read Workology and Metronews.ca/work every day.

Workology

Studies jeopardized
Students from Mexico and the Czech Republic planning to study at Canadian institutions this fall are being told they may require a temporary travel visa on top of their study permit, given new visa rules effective last week. Schools such as the Universities of Alberta and Regina are assessing the impact. METRO

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Helping Aboriginal Peoples feel more at home in school

FocusOn FirstNations

JON TATTRIE
for Metro Canada

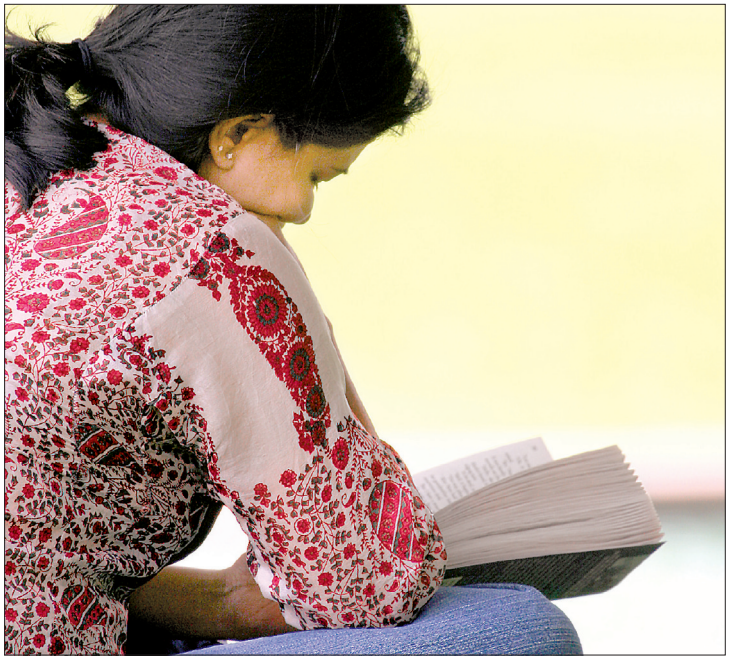
Many aboriginal university students are the first in their family to attend and suffer from culture shock, says Irvin Hill, aboriginal cultural liaison officer at Carleton University. His job is to bridge aboriginal and university cultures.

"A lot of aboriginal students who come to university face obstacles once they get here," he says. "There's a general lack of aboriginal culture within the institutions."

That applies to curriculum and lifestyle, he says, noting many universities are actively working to change that. In the meantime, aboriginal students may need support to adjust.

"We're here if they need any assistance, whether it's speaking to someone who understands their culture, maybe bringing an elder in so they can talk to an elder," he says. "We try to set up a community here so students will feel at home."

Carleton offers a minor in aboriginal studies under its Canadian Studies program, a sign that Canada's traditionally Euro-centric teaching of history is opening up.



Many colleges and universities across Canada are trying to bring more Native American culture into their institutions in order to help aboriginal students feel more at home and welcome.

Schools such as Ontario's Lakehead University, Alberta's Red River College and Manitoba's First Nations University also offer aboriginal-centric programs.

"The curriculum is changing, but there are still some schools, even some colleges and universities, that have the outdated curriculum and information that is not correct," says Hill.

Wendy Drummond, special project coordinator at Royal Roads University in Victoria, says universities can play a vital role in "capacity building," which can turn struggling communities around.

Royal Roads works with the Yekooche First Nation, a remote B.C. village of 120 people. After a series of treaty negotiations with the provincial and federal governments, it began taking a larger role in its own governance.

"The chief and council recognized that they were not ready to assume the governance role the treaty would require. They contacted Royal Roads University to … assist in the development of capacity to assume governance responsibilities," explains Drummond.

The two groups developed the Learning Centre as a neutral space where they could learn from one another.

"The Learning Centre … encouraged everyone's participation equally — children, youth, adults and Elders," says Drummond. "With each success they became a more invested member of the community. With this investment came a sense of responsibility and commitment to enhance what they could offer to make their home, community and nation a better place."

Capacity building

- The United Nations Conference on Environment and Development defines capacity building as encompassing a community's "human, scientific, technological, organizational, institutional and resource capabilities." The goal is to "enhance the ability to evaluate and address the crucial questions related to policy choices and modes of implementation."

Your personal — life — assistant

Lisa Brick is very organized. The Edmontonian spent 20 years doing administrative work at various companies and rose eventually to executive assistant.

"At first it was just a job and a way to support my family, but it became something I enjoyed doing," says Brick, who's now 44.

She had a diploma in administration, then went back to school to study business. "That was when I started thinking about maybe opening my own business."

Six years ago, a friend told her about a personal assistant service in New York. The company would pick up people's dry cleaning and buy their groceries.

"This is exactly what I do for my boss," thought Brick. She looked around and found similar companies in Canada, but none in Edmonton.

In September 2005, she launched VIP Concierge & Errand Service with her daughter, Sarah Conant, a recent theatre production graduate, as her only employee.

Within a week, they had their first client. Soon they were house sitting, finding plumbers, buying birthday gifts, getting oil changes and booking travel for an ever-growing list of well-to-do clients.

Brick soon had to hire more staff: Today she has four full-time staff (she calls them concierges) and 10 part timers. Conant now runs the event planning division of the company and has two staff helping her.

To build the company, Brick and Conant constantly network. Through their contacts, they get great deals on oil changes, nab hard-to-find sports and theatre tickets, secure last-minute dinner reservations to and get the best travel prices.

Brick still runs the business out of her home. Her day starts with scheduling: She looks over the requests from clients and organizes who will do what and when, and makes sure all the instructions are complete.

She then sometimes heads out the door — like many of her staff members — to hit the mall, the grocery store or the auto repair shop. But more often she spends time on the phone doing research for the company's top clients to find them everything from contractors to nannies.

It's a job that requires organizational skills and the ability to multitask. And while you'd think it'd be a drag to spend your days visiting the vet and picking up flowers, both Brick and her staff love it.

OddJobs
Diane Peters
Metronews.ca/oddjobs

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Depp wants to play Channing

Johnny Depp has his eye on a gender-bending movie role — he would love to portray actress Carol Channing in a biopic. "My dream role would be to play musical legend Carol Channing in a biopic of her life," he said. FEMALEFIRST.CO.UK

Entertainment

Leaving Idol?

Paula Abdul's manager says his client will ditch American Idol unless producers change their tune. "Very sadly, it does not appear that she's going to be back on Idol," her manager said. USMAGAZINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

New wave of aboriginal talent

MAUREEN LITTLEJOHN
for Metro Canada

A new surge of aboriginal talent is cresting across the country, following in the wake of icons such as playwright Thompson Highway, actor Graham Green, and singer Buffy Sainte-Marie.

Waawaate Fobister, a 25-year-old Anishnaabe artist from Grassy Narrows First Nation, swept the Dora Awards earlier this month with his debut play Agokwe. The play scooped statuettes for outstanding production, new play, performance by a male principal, director, costume designer and lighting designer.

The one-man show, staged at Buddies in Bad Times theatre last year, focused on the attraction between two teenage Aboriginal boys. Fobister, a traditional dancer, seamlessly played each character including the boys (one a hockey player, the other a grass dancer), an alcoholic mother and a flamboyant narrator.

"I always talk about what's important to me, which is my language, heritage and culture. It is not my goal to educate people, but they can get a taste of it in some of my work," explained Fobister in an interview from Big Grassy reserve where he teaches youth theatre and dance.

Here is a look at other artists who are leading the crest:

FocusOn FirstNations

- Crystal Shawanda, a bluesy country singer from Wikwemikong reservation on Manitoulin Island, has been taking the radio waves by storm since she released her debut album Dawn of a New Day last year.

It reached No. 2 and 16 on the country music charts in Canada and the U.S., respectively. Shawanda cleaned up at the 2008 Canadian Aboriginal Music Awards, winning five awards including Best Album of the Year.

This weekend she plays the Mother Earth Festival on Georgina Island and on August 20th she is at Toronto's Harbourfront Centre.

- Since collaborating with Icelandic artist Bjork in 2004, Inuit throat singer Tanya Tagaq Gillis has been hypnotizing audiences internationally. The Nunavut singer has performed with Kronos Quartet and Scottish fusion band Shooglenifty.

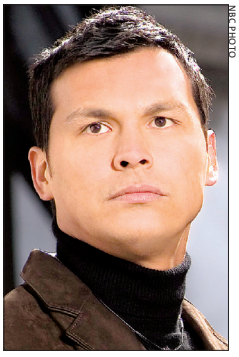
She has won a total of four Canadian Aboriginal Music Awards and her recent album Auk/Blood was nominated for a Juno award this year.

- Kevin Loring, a member of the Niaka'pmux First Nation in Lytton, B.C., premiered his first play, Where the Blood Mixes, at the Luminato festival in Toronto last year. It will be performed in Vancouver at the Firehall Arts Centre during the 2010 Olympics.

Loring, also an actor, appeared in Hosanna at the Manitoba Theatre Centre and the film Pathfinder. He is the Playwright-in-Residence at the National Arts Centre for 2009-10.

- At age 37, Adam Beach has garnered more than 50 movie and TV credits. The Saulteaux actor, born on the Dog Creek reserve in Manitoba, starred in the films Flags of Our Fathers, Windtalkers, Smoke Singles and the made-for-TV movie Bury My Heart at Wounded Knee. He was also Detective Chester Lake on 21 episodes of Law & Order: Special Victims Unit from 2007 through 2008.

PHOTO: HANDOUT



NBC PHOTO

MICHAEL STUPARYK/TORONTO STAR

Waawaate Fobister, above, has garnerd acclaim for his play Agokwe, while Adam Beach, top right, has more than 50 TV and film credits, and throat singer Tanya Tagaq Gillis, right, has been hypnotizing audiences internationally.

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STEVE GOW
for Metro Canada

Last week, HBO's comedy series Flight of the Conchords picked up a surprising six Emmy nominations including best comedy series, and nobody was apparently more shocked than one of the show's castmembers.

"Wow, I didn't know they got that many," said Arj Barker, who plays pawnshop clerk Dave, while in Toronto performing for the Just For Laughs Festival. "I don't take any credit for it. I feel privileged and lucky to be part of a show that's so successful. I did my little part but again, it's a little part."

Undoubtedly, the recent nominations will serve to boost the series' mainstream popularity and stoke shaky speculation regarding the show's future. A quirky comedy centered around two naïve New Zealand musicians (Bret McKenzie, Jemaine Clement) trying to make it in Manhattan, its two leads have publicly stated producing the second season was especially grueling and that it was "a good end to the show."

HBO may have other plans however. President of west coast operations Michael Lombardo recently told an industry webzine that, after a break, he "fully expects them to be back in late 2010 or early 2011."

"You want to know the real word right now?" asked Barker when prodded for the inside scoop. "The show might not come back but Arj Barker is here to stay."

As elusive as that statement may seem, Barker's busy slate suggests a disappointing outlook for fans of the show. A popular stand-up comedian whose about to embark on a lengthy tour in Australia, Barker will also remain busy making his webisode series' Arj and Poopy ("basically they're just animated shorts of me and a farting cat") and recording with his rap group, The Sanchez Brothers.

As well, Barker hopes to make his own waves when a Comedy Central special airs later this year, coinciding with an upcoming DVD release. Above all however, Barker hopes that Flight of the Conchords does return. After all, he's got a lot on the line.

"I'd like to (act) more and I think I have a lot of potential — an untapped potential — especially if you've ever seen me act, you're like 'wow, that potential is untapped'."

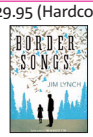
Arj Barker

CSI's Sarah Sidle returns
Jorja Fox is returning to CSI as Sara Sidle. Fox will appear in the Season 10 premiere and additional episodes, says CBS. Viewers will "discover where life has taken Sara Sidle and what brings her back to the CSI team in Las Vegas." TVGUIDE.COM

Cross-border temptation, tests

Border **Songs**

Author: Jim Lynch
Publisher: Random House
Price: $29.95 (Hardcover)



By reputation, Brandon Vanderkoop doesn't seem to fit the mould of a border officer. The shy, towering and dyslexic man would rather build birds nests and tend to animals than patrol the boundary of questionable sense between Washington and British Columbia that separates his native United States from Canada. But when his father pushes him to do it, hoping to quell his introversion, Vanderkoop becomes an unexpected ideal for the job, canny at spotting traffickers and illegal immigrants. His personal success is tested, however, when he discovers his cross-border Canadian crush Madeline is gardening a crop more potent than perennials.

Gifts of **War**

Author: Mackenzie Ford
Publisher: Nan A. Talese
Price: $32 (Hardcover)

A battlefield pact breaks down in the historic fiction debut of London historian Mackenzie Ford, Gifts of War. Amid the 1914 Christmas truce of First World War, enemies unite over a promise in the name of love. Wilhelm Wetzlar, fighting for the Germans, gives a photograph of his English fiancée Samantha to British soldier Hal Montgomery, hoping Montgomery will send word that he's alive. After he's discharged for injury, Montgomery pursues Sam in Stratford-upon-Avon but falls for her before he can share the news. Hiding his secret, Montgomery helps keep the secret of Sam's baby's German descent by acting as the boy's father, in order to get to Sam.

BookPicks

A Monster's **Notes**

Author: Laurie Sheck
Publisher: Knopf
Price: $37 (Hardcover)

Pulitzer Prize-nominated poet Laurie Sheck reimagines Frankenstein's monster, in his own words, with her first novel, A Monster's Notes. Blending historical fact with plenty of creative fiction, Sheck describes how Frankenstein author Mary Shelley actually met the monster when she was just a girl, sitting near her mother's grave. From there, Sheck uses an experimental narrative style to explore themes of isolation and aesthetic through imaginary letters written by Shelley and the monster's reflection on his own existence. The monster ruminates on everything from leprosy to the piano prowess of composter John Cage in this account of a once-voiceless creation.

— BRIAN COULTON/ FOR METRO CANADA

Box office

The following are the top 10 films at the North American box office for the three-day weekend beginning July 17, led by Harry Potter and the Half-Blood Prince, according to studio estimates compiled Sunday by Reuters:

1. **Harry Potter and the Half-Blood Prince:** $79.5 million US
2. **Ice Age: Dawn of the Dinosaurs:** $17.7 million
3. **Transformers: Revenge of the Fallen:** $13.8 million
4. **Bruno:** $8.4 million
5. **The Hangover:** $8.3 million
6. **The Proposal:** $8.3 million
7. **Public Enemies:** $7.6 million
8. **Up:** $3.1 million
9. **My Sister's Keeper:** $2.8 million
10. **I Love You, Beth Cooper:** $2.7 million

REUTERS

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www.languages-jonquiere.ca
NEXT SESSION
Part-Time: Saturdays (9:00 to 4:00) from Sept.12 – Dec. 19, 2009

Jackson custody hearing delayed

COURTS A court hearing over who will raise Michael Jackson's three children was postponed again Friday in an apparent bid to settle the issue behind closed doors.

Los Angeles Superior Court officials said a guardianship hearing scheduled for Monday had been rescheduled to Aug. 3 — the second delay in the decision.

Jackson's mother, Katherine, 79, was granted temporary custody by the courts of Prince Michael, 12, Paris, 11 and Prince Michael II, 7, after Jackson's death. But lawyers for Jackson's ex-wife Debbie Rowe have been in talks with representatives of Jackson's parents and one report said Janet Jackson was also interested in raising them. REUTERS

Kenya's Style

Kenya Hunt
Read the blog at metronews.ca/kenyasstyle
For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

7/20/09

DT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	265	353	2	TVO	Time Team		The Best of The Agenda		Child Genius 2		Malcolm and Barbara		Best-Agenda
	211	331	3	GTV	ET Canada	Entertainment	House "The Softer Side"		Lie to Me "Unchained"		The Unit		News
	-	-	5	SRC	Des squelettes	La Petite vie	Chère Betty (HDTV) (SC)		Bons baisers de France (SC)		Le Téléjournal et Les Nou		TJ Ontario
	209	342	6	CHRO	The Road to Avonlea		Gossip Girl (HDTV)		Two/Half Men	Big Bang Th	Stargate Atlantis (DVS)		Comedy Now
	196	311	7	CTV	Hollywood	etalk	Law & Order		Law & Order: Criminal Intent		CSI: Miami (HDTV)		CTV News
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	Triple Sensation (N)		Just for Laughs		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Great American Road Trip (N)		Law & Order: Criminal Intent		The Wanted (N)		News
	117	713	10	TVA	Les Gags	Sketch Show	Laura Cadieux	Km/h (SC)	Monk (HDTV) (SC)		TVA 22 heures	Juste pour rire	Sucré-salé
	-	-	11	QS	C't'une joke	C't'une joke	CSI: NY (SC)		Pratique privée (SC)		La violence dans le sport		Call TV
	137	763	12	TFO	Panorama été	Esprit	Sur la Piste de	Villages	*Le Feu follet* ★★ (1963, Drame) Maurice Ronet, Lena Skeria.				Esprit
	-	362	13	CBS	Dr. Phil (HDTV)		How I Met	Engagement	Two/Half Men	Big Bang Th	CSI: Miami (HDTV)		Two/Half Men
	216	395	14	OMN2	Raymond	According-Jim	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Religion
	214	344	15	CITY	Law & Order: SVU		The Bachelorette "The Men Tell All" (N)				(10:02) Dating in the Dark		CityNews
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	How I Met	Engagement	The Soup (N)	Wildest TV	Final 24 (N)		News/Eleven
	-	361	20	ABC	Action News	Entertainment	The Bachelorette "The Men Tell All" (N)				(10:02) Dating in the Dark		News
	512	396	24	CPAC	Tête-à-tête	Beyond Poli	L'Heure politique		Comités du Sénat				Heure polit.
	651	355	25	CTS	Little House on the Prairie		Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	House "The Softer Side"		Lie to Me "Unchained"		FOX 2 News (N)		Newsedge
	-	-	64	PBS	Business Rpt.	Wings-Canada	Antiques Roadshow		History Detectives (N)		Make 'em Laugh: Funny		Charlie Rose
	205	312	104	CTV	Hollywood	etalk	Law & Order		Law & Order: Criminal Intent		CSI: Miami (HDTV)		CTV News
news	502	390	26	NW	CBC News	Our World	The Hour		CBC News: The National		Tragedy of the Space Shuttle		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	UFC: Access	Week-Baseball	MLB Baseball Boston Red Sox at Texas Rangers. From Rangers Ballpark in Arlington, Texas.						Sportsnet Con.
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	Boxing		World Poker Tour				SportsCentre (HDTV) (Live)		
	410	403	52	SCR	RaceNight				(9:15) WWE Monday Night Raw				Score Tonight
	411	457	56	OLN	Dog the Bounty Hunter		Cycling (N)					Bounty Hunter	Cycling
family	417	406	59	SC	Pimp My Ride	Pass Time	Performance Engineering		SuperCars	SuperCars	Barrett-Jackson		Car Crazy (N)
	554	544	48	TEL	Jimmy Two	Total Drama	6TEEN "2-4-1"	6TEEN	Futurama	Punch	Robot Chicken	American Dad	Moral Orel
	557	540	51	FAM	Wizards-Place	Han. Montana	The Suite Life	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	The Next Star 2		Malcolm-Mid.	Futurama	League-Evil	Zixx Level	The Next Star 2		Mystery Hnt.
cable variety	570	580	29	MM	The Daily Fix		I'm a Celebrity, Get Me Out of Here!				Entourage	Gene Simmons	I'm a Celebrity
	615	520	31	A&E	CSI: Miami (HDTV)		Intervention "Allison"		Intervention (HDTV) (N)		Obsessed "Marie; Matt"		The Cleaner
	628	584	32	SPKE	UFC Unleashed		UFC Unleashed		UFC Unleashed (HDTV)		4th and Long (HDTV) (N)		Jesse James
	521	560	34	TLC	18 Kids-Count	Little Couple	The Tiniest Toddlers		Michael J. Fox: Optimist		Cake Boss (N)	Cake Boss	Tiny Toddler
	145	761	35	TV5	Secrets d'histoire			Rome secrète				Maritime	Journal TV5
	616	521	39	SHO	The Outer Limits		Cashing In	Kink in Hair	*Family in Hiding* (2006, Suspense) Brenda Strong.				House
	620	523	40	BVO	Circle of Champions		Aida Franco Zeffirelli produces Verdi's opera.						Law & Order
	520	505	42	DIS	Direct From the Moon (N)		MythBusters		Dirty Jobs "Egg Farm"		American Loggers (N)		From the Moon
	575	583	43	CMT	Dallas Cheerleaders		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Greatest
	601	562	45	SLC	Skin Deep	Til Debt-Part	Newlywed	Newlywed	Nearly Dead	Nearly Dead	In Laws	In Laws	ET Canada
	625	548	46	COM	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Mike Marino: N.J. Bad Boy		Daily Show
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	*The Weather Man* ★★ (2005, Comedy-Drama)				Seinfeld
	600	564	49	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	Marriage	My First Place	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		*Earthstorm* (2006, Science Fiction) Stephen Baldwin.				Torchwood: Children of Earth		Stargate SG-1
	581	566	53	MTV	MTV Cribs	After	MTV News	Cribs	The Real World		16 and Pregnant (N)		MTV Live
	618	524	54	TROP	Once a Thief		Carlawood (N)	Prod. Parker	Ground Up		Are You Smarter		Weekend
	522	506	55	HIS	NCIS "Sandblast"		History's Secrets		Turning Points		NCIS "Sandblast"		Marine Mach.
	129	773	60	CD	Biographies (HDTV)		Voyage d'enfer "Colombie"		Images-chocs		Scènes de crime "Immortel"		Pris au piège
	261	394	61	V	Murder, She Wrote		Green Grass	Summer Wine	Conspiracy Theory		Galileo's Sons		Poltergeist
	602	567	62	W	Style by Jury	Friends	How Clean	Kim	Love It or List It		*The Good Witch* (2008, Drama) Catherine Bell.		
	269	350	70	APTN	Notre Peuple (Part 2 of 2)		Tam	Pachamama	*Grizzly* ★★ (2000, Aventures) Daniel Clark, Bryan Brown.				Tshinanu
	621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	etalk	Canada's Next Top Model		Tonight Show-Conan O'Brien		TMZ
	603	561	95	FN	Chef at Home	Chuck-Day Off	Food Jammers	Glutton-Punish.	Food Detective	Get on Plate	At the Table	At the Table	Restaurant

critics'corner

Triple Sensation
The eight remaining contestants reflect on their journey so far as they move from master classes to workshop presentations, performing group dance numbers, songs and scenes from plays with coaching from Adrian Noble and Sergio Trujillo. At the end, two of the hopefuls are sent home. 8 PM on 8 CBC

Child Genius 2
We call intelligent people "gifted," but some might consider being smarter than everyone else more of a curse than a gift. This special follows several children with extremely high IQs as they grow up with the unique challenges that come with extraordinary intelligence. The question remains: Are geniuses born or made? 9 PM on 2 TVO

Fred finds love

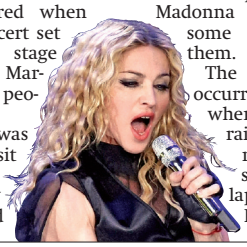
It's wedding bells for Limp Bizkit frontman Fred Durst and girlfriend Ester Nazarov. Durst, 38, tweeted on Thursday, "cheers to the universe from me and my lovely wife Ester Durst!! We are now one and complete." **PEOPLE.COM**

Celebrity Buzz

Madonna to visit injured

TRAGEDY Madonna continues to pay tribute to those killed or injured when part of her concert set collapsed on stage workers at a Marseilles stadium, people.com reports.

The singer was scheduled to visit some workers yesterday, city officials told People. The injured are in three local hospitals, and Madonna will visit some or all of them.



The accident occurred July 16 when a crane raising the roof of the stage collapsed. A French lighting technician, Charles Criscenzo, 53, was killed on the stage, and Charles Prow, 23, from Great Britain, died shortly after in hospital. At least eight other workers, some part of Madonna's travelling stage crew, were hospitalized. An investigation has been launched to determine the cause of the accident. **METRO NEWS SERVICES**

Ne-Yo speaks out

PUSHED TOO HARD Ne-Yo has spoken out after walking off-stage during a concert Thursday, female-first.co.uk reports.

The singer told fans he wasn't feeling well at the start of his Manchester show. Fans watched as the sweat-drenched star struggled to move and propped himself up on a table before exiting the stage for a break.

A tearful Ne-Yo then reappeared, telling the audience, "I've never not completed a show, I've never done this before."

On his blog, Ne-Yo explained: "I have an issue with not knowing when to say enough is enough, so last night in Manchester, my body said it for me.

"For the last five days I've been dealing with a sinus infection. I paid it no real mind, and kept on going, like I always do. My voice couldn't take it." **METRO NEWS SERVICES**

Brit's new man?

OPTIONS Britney Spears is reportedly dating her agent, Jason Trawick, but she recently took a break from her tour to spend some time with a new man, producer Dallas Austin.

The pair got together at Austin's house in Atlanta, where "it was just the two of them for a few nights," a source told Page Six. But Austin's rep said are simply friends. **METRO WORLD NEWS**

GETTY IMAGES

Tom shoulda put a ring on it

BEYONCÉ'S BIGGEST FAN Tom Cruise was spotted at a Beyoncé Knowles concert in Los Angeles recently, according to People magazine, and reportedly started dancing to Single Ladies (Put a Ring on It). A source said Cruise re-enacted the choreography Knowles made famous in her video for the single. "Everyone was laughing and taking pictures," the source said. **METRO WORLD NEWS**

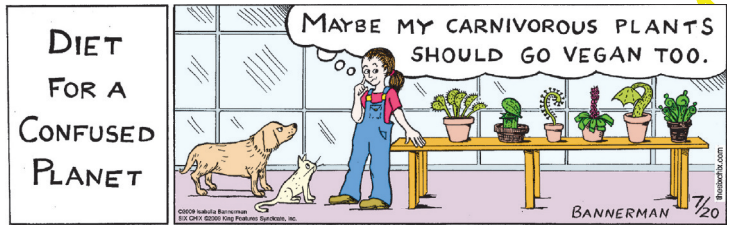
Lauren slams Heidi

FIGHTING WORDS In the August issue of Harper's Bazaar, Lauren Conrad takes Heidi and Spencer Pratt to task over their fame-seeking ways — and her former BFF's boob job.

When asked why Heidi decided to pose in Playboy, Conrad slyly referred to a breast enlargement, replying: "They're not going to pay for themselves."

Her digs didn't stop there. "I don't call magazines and let them know about things so they can write stories," she said of the Pratts. "There was never an incentive to keep doing The Hills so I could get into (Hollywood club) Les Deux. That was never the point." **METRO NEWS SERVICES**

SixChix — For more cartoons, visit metronews.ca



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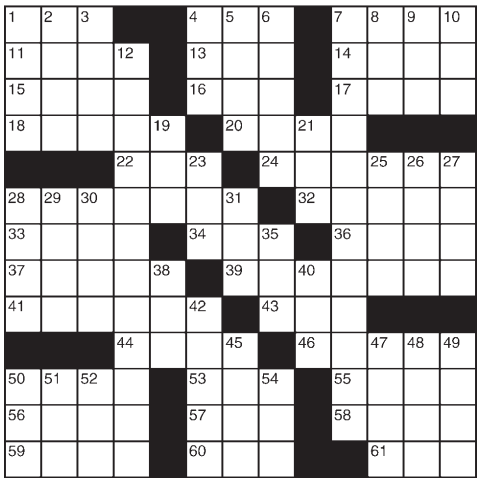
Take Five



Crossword across

1 Feathery neckpiece
4 Small ammunition
7 Rope
11 Felonious flights
13 A billion years
14 Do as you're told
15 Buckeye State
16 Excessively
17 Not pre-recorded
18 They get in the whey
20 Aspic creation
22 Intention
24 South American prairies
28 Santa's runway
32 Woo
33 Loosen
34 Satchel
36 Incite
37 Corpulent
39 On the — (discreetly)
41 Shredded
43 Diamond stick?
44 Squad
46 Carries on
50 Greek vowel
53 Dog's hand
55 Enjoying greatly
56 New Zealand bird
57 Time of your life?
58 iPod model
59 Carolina college
60 Cover
61 Pale

Crossword down

1 United nations
2 Hawaiian island
3 Eastern potentate
4 Wager
5 Prosperous period
6 Pry
7 2003 Civil War movie
8 Kimono closer
9 Gun the engine
10 Decorate Easter eggs
12 Malt-shop setup
19 Perch
21 Varnish ingredient
23 Unruly group
25 Knitting stitch
26 Jason's ship
27 Hasenpfeffer, e.g.
28 Oxidation result
29 Aware of
30 Stench
31 Cushion
35 Sailor
38 Calendar abbr.
40 Series of skirmishes
42 Pontifical
45 Creche trio
47 Rodents do it
48 Sicilian volcano
49 Any time now
50 Mamie's man
51 Lubricate
52 Pair
54 Marry

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		1	8	5		4		9
5		4	7					2
	2							
7		9			4			
		6				3		
			1			7		8
							1	
8					1	5		3
2		3		7	9	8		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	M	B	E	R		B	A	R		A	M	P
V	A	L	U	E		I	I	I		L	O	Y
A	G	O	R	A		S	L	O	W	I	N	G
		W	O	R	S	T	S		R	E	A	M
S	K	I		M	A	R		H	A	N	D	Y
A	O	N	E		T	O	P	I	C			
P	I	G	S	T	Y		A	S	K	F	O	R
			C	U	R	S	T		S	L	A	Y
M	I	G	H	T		U	S	S		O	R	E
A	N	N	E		A	N	Y	H	O	W		
G	L	O	W	I	N	G		E	L	I	D	E
N	A	M		C	O	O		L	I	N	U	S
A	Y	E		E	N	D		L	O	G	O	S

1	5	3	9	6	8	4	2	7
9	4	7	2	3	5	8	1	6
6	8	2	1	7	4	3	9	5
7	3	4	5	9	2	1	6	8
8	6	1	3	4	7	9	5	2
2	9	5	8	1	6	7	4	3
4	1	8	6	2	3	5	7	9
3	7	6	4	5	9	2	8	1
5	2	9	7	8	1	6	3	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Coronation Chicken

INGREDIENTS:
1 chicken, about 3 lbs
1 onion, sliced
1 large carrot, coarsely chopped
1 celery stalk, chopped
6 black peppercorns, lightly crushed
1 bay leaf
1 large banana
2 zucchinis, sliced lengthwise with vegetable peeler into thin strips
Sprigs fresh mint to garnish

MANGO AND RAISIN PILAF:
2 cups basmati rice, well rinsed
1/3 cup raisins
1-3/4 oz dried mango, chopped
2/3 cup pecans

CURRY DRESSING:
5 oz plain low-fat yogurt
5 tbsp low-fat mayonnaise
2 tbsp korma curry paste
Grated rind of 1 large lemon
1 tbsp fresh lemon juice
2 tbsp snipped fresh chives
2 tbsp chopped fresh mint
2 tbsp chopped parsley
Pepper to taste

METHOD:
1. Place chicken in large pot and cover with water. Add onion, carrot and celery and bring almost to boil; skim any fat off surface. When bubbles begin to break through surface, reduce to simmer. Add peppercorns and bay leaf; simmer 45 minutes or until juices run clear from chicken thigh when pierced.
2. Remove chicken from liquid and set aside to cool. Pour cooking liquid through fine sieve into measuring cup. Discard vegetables.
3. For pilaf, place 2-1/3 cups strained cooking liquid and rice in pot. Stir in raisins and mango. Bring to boil; reduce heat, cover and simmer, according to package instructions, until all liquid has been absorbed and rice is tender.
4. Remove rice from heat and set aside, covered, 5 minutes. Transfer rice to bowl to cool completely.
5. For curry dressing, place yogurt, mayonnaise, curry paste, lemon rind and juice in bowl; mix well. Stir in chives, mint, parsley and pepper.
6. When chicken is cool, cut into bite-sized pieces and fold into curry dressing. Slice banana and add to chicken mixture. Stir pecans into rice pilaf and spoon onto 6 plates. Arrange zucchini ribbons on pilaf and top with chicken mixture. Garnish with fresh mint sprigs and serve.

SERVES 6

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Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
Things look a lot worse than they actually are, especially concerning family issues, but in a few days your outlook will brighten considerably.

TAURUS ♉
APRIL 21-MAY 21
Someone will wonder aloud if you know what you are doing today. Convince them you are still in control: Don't just tell them, find ways to show them.

GEMINI ♊
MAY 22-JUNE 21
You know what needs to be done, so get on and do it. You can easily push yourself a bit harder today: Before you know it, your task will be finished.

CANCER ♋
JUNE 22-JULY 22
The planets warn that others will find out what you're trying to keep from them — so why not say what you've been up to? Don't hide it, flaunt it.

LEO ♌
JULY 23-AUG 23
Make allowances for those who seem reluctant to follow you on your next big adventure. Maybe they've got more to lose from taking risks than you do.

VIRGO ♍
AUG 24-SEPT 22
If you're a typical Virgo it's not in your nature to preen. But it's in your interests to have many eyes on you today, so ensure the world knows you exist.

LIBRA ♎
SEPT 23-OCT 23
Career issues have worried you a lot of late, but in a few days you won't care because your personal affairs will be so much more exciting.

SCORPIO ♏
OCT 24-NOV 22
You may be reserved by nature, but make the most of the sun's final few days in your fellow water sign of Cancer to promote your own interests.

SAGITTARIUS ♐
NOV 23-DEC 21
You're on the verge of one of the most exciting times of the year. Focus on all the good things in your life: There are plenty, if you care to look.

CAPRICORN ♑
DEC 22-JAN 20
The more people understand what you hope to acquire, the more likely they are to help you get it around the time of Wednesday's solar eclipse.

AQUARIUS ♒
JAN 21-FEB 18
Lately it's seemed as if you had a mountain to climb, but you kept at it and now you're on the brink of a triumph. Shout about your accomplishment.

PISCES ♓
FEB 19-MARCH 20
Life has been good lately, but start planning for a more challenging phase. You'll have to double your efforts in the next few weeks, especially at work.

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